

A BOOK FOR THE TIMES.

How to Live Cheaply and Well.

Cookery for the Million

— WITH —

USEFUL HINTS TO HOUSEWIVES.

“Good cooking means economy,
Bad cooking means waste.”

— *London Times.*

PRICE, TEN CENTS.

MONTREAL :

WM. DRYSDALE & Co., PUBLISHERS, 232 ST. JAMES STREET.

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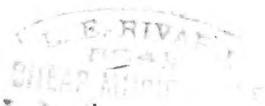
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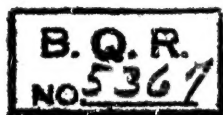
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HINTS TO HOUSEWIVES.

Referring to Cookery some one has said that the poorest people are the most extravagant. There is no doubt a great deal of truth in the remark, but it would be wrong to assume that the extravagance is always wilful. In most instances it would probably be found that the extravagance or waste was due to simple want of knowledge. This ignorance respecting the best methods of preparing food is, however, by no means confined to people in humble circumstances. It is found among all classes of society, and in Europe has led to the establishment of Schools of Cookery which are attended by pupils from both the "middle" and "upper" classes. No such schools exist in Canada, however, and even if they did, they would be practically closed to those for whom this little book is especially intended. In compiling the following pages the object has been to show how persons of very limited means can have a large choice of dishes, which, while economical, shall be wholesome and savory. The directions have been given in the simplest possible form, and if they are faithfully followed, failure cannot take place. Two other points must be borne in mind :—the pots and pans must be kept perfectly

clean, and care should be taken when marketing, to select articles of good quality—a difference of a few cents often secures an article worth really twice the price asked for the so-called “cheapest.”

The following cooking utensils will be wanted—they also should be of good quality—a gridiron, a frying-pan, a couple of sauce-pans, a stew pan, a soup kettle and a stock-pot. This latter is one of the most valuable articles the housewife can possess. It is a large boiler with a close-fitting lid. Its place is on the stove, and its purpose is to furnish material for stews and soups. Bones and scraps of meat are to be put in this pot, which is then to be filled with water and brought to the boil. After that it may be placed where it will stew gently. From this pot, stock is to be taken to be used in place of water in any of the soups and stews described hereafter. Bones from stews, &c., are to be put into this pot. About every three or four days, the bones from which all nourishment has been extracted, should be removed. Excellent material for the stock-pot may be purchased at the butcher's for a few cents weekly. It is to be remembered that no vegetables are to be put in.

The Canadian housewife enjoys a great advantage over her sister of the old world in the matter of stoves. The open range of the old country has to answer for countless spoiled dinners and any amount of discomfort.

With the close range of this continent there is no fear of a downfall of soot burying the frying-pan or gridiron ; no foul smoke can insinuate itself beneath the sauce-pan lid into the stew or vegetables ; with a good stove and ordinary care the housewife can cook surely, cleanly and comfortably. It is cheering to know that the cooking stove of this continent is steadily coming into use across the Atlantic.

An average family is estimated to consist of six persons, consequently the quantities used in the recipes given in the following pages are adapted for that number. Where the family is smaller, the quantities can either be reduced or the dish can be made to serve for two days. From an economical point of view, the latter course is to be recommended, the cost of preparing a meal for six or more persons being relatively much less than where the same dish is cooked for one or two.

The business cards in this little work are essentially representative. The several firms enjoy public confidence, because in their dealings with the public, the principle ever kept in view is that of supplying a genuine article, and the best obtainable at the price.

C H E A P

— AND —

WHOLESOME COOKERY.

NOURISHING AND SAVORY DISHES.

1.—MEAT FRITTERS.

Required.—Scraps of cold meat ; $\frac{3}{4}$ lb. of flour, 2 oz. of butter, whites of 2 eggs, $\frac{1}{2}$ pint of water.

How to use.—Work the flour quite smooth with the water, add the butter just slightly melted, and stir in the whites of the eggs well beaten up. Cut the meat thin, season with pepper and salt, mix it with the batter, drop a small quantity at a time into a frying-pan of boiling lard, and fry for six or seven minutes. Brown both sides.

With a cabbage and mashed potatoes this makes a good dinner for six or eight persons.

2.—STEWED OX-FEET.

Required.—Ox-feet, $\frac{1}{2}$ lb. of rice to each foot, 2 or 3 onions, parsley.

How to use.—Clean the feet thoroughly in hot

water ; cut them up and place in a stew-pan, with the onions cut up, rice and parsley and a little salt, cover with water and stew gently for three or four hours. This is a very nourishing dish. If placed in a basin and left to cool it will turn out a stiff jelly.

3.—STEWED SHEEP'S FEET.

Required.—Four or six sheep's feet, some butter or dripping, a few onions, parsley, pepper and salt.

How to use.—Clean the feet, take off the hoofs and remove the black part between the claws ; put them into a frying-pan with the dripping, and brown slightly, then turn all into the stew-pan, add water, and stew gently for three or four hours.

4.—BACON PIE.

Required.—1 $\frac{1}{4}$ lb. fat bacon, 6 onions, 3 lb. potatoes.

How to use.—Boil the bacon, cut into slices ; chop the onions, peel the potatoes and boil them in as much of the bacon water as will just cover them. When the potatoes are done, mash them, grease a baking dish, put in layers of potatoes and onions, and layers of bacon, covering the top with potatoes. Bake brown.

5.—POTATO STEW.

Required.—4 lbs. potatoes, 2 quarts of any sort of broth, a dozen onions and a small piece of fat bacon.

How to use.—Fry the onions with the bacon, then put them into a stew-pan with the potatoes and broth. When the potatoes are cooked the stew is ready. With a Norfolk dumpling, this will make a good meal at a surprisingly low cost.

6.—VEGETABLE SOUP, No. 1.

Required.—5 or 6 carrots, 6 or 7 parsnips, 8 or 10 potatoes, 1 $\frac{1}{2}$ oz. butter or dripping, 2 or 3 tablespoonfuls of flour, a teaspoonful of made mustard, salt and pepper, the yolk of 2 eggs, three quarts of water.

How to use.—Cut up the vegetables into thin slices, boil them in the water for two hours and a half, stirring often ; mix up in a basin the butter in mustard, flour, salt and pepper, with a little cold water, and stir this into the soup : boil ten minutes. Beat up the yolks of eggs in a tureen and pour the soup boiling on them ; stir well.

7.—VEGETABLE SOUP, No. 2.

Required.—Equal quantities of onions, carrots, turnips, a root or two of celery, sweet herbs, $\frac{1}{4}$ lb. dripping or butter, 1 teaspoonful of sugar, 2 or 3 quarts of water.

How to use.—Wash the onions, carrots, and turnips well, and cut up into stew-pan with the butter and sugar, stir them over the fire for ten minutes, not letting them brown. Then pour the boiling water

or stock over them, and add the celery, herbs and seasoning. Stew all for three hours, and flavor with a little ketchup.

8.—VEGETABLE SOUP, No. 3.

Required.—6 potatoes, 4 turnips, 2 carrots, 3 or 4 onions, 3 or 4 mushrooms, 1 or 2 roots of celery, 1 large thick slice of bread, salt and pepper, a little sauce and 6 quarts of water.

How to use.—Wash and cut up the vegetables, toast the bread, put all into the stew-pan, simmer gently for three hours, and stir until it is of the consistency of pea soup. It should be dark brown. If the vegetables do not pulp well by stirring, they may be strained off and pressed through a sieve.

9.—STEW SOUP, No. 1.

Required.—Scraps of salt beef or pork, about 2 lbs., 4 carrots, 4 parsnips, 4 potatoes, 1 cabbage, 2 oz. oatmeal, salt and pepper, 4 quarts of water.

How to use.—Put the meal into the water and let it simmer for three hours ; add the vegetables, cut into thin slices, season and boil gently for one hour, thicken with oatmeal, or rice, if the latter is preferred boil it with the vegetables.

10.—STEW SOUP, No. 2.

Required.—Scraps of any kind of meat not salted,

5 onions, 1 lb. rice, parsley, a few sweet herbs, salt, pepper and four quarts of water.

How to use.—Cut the meat, onions, &c., up small, and simmer gently for two hours and a half.

11.—POTATO CAKE.

Required.—Cold potatoes, flour or oatmeal, (one fourth the quantity of potatoes), a little milk and yeast and a little salt and butter.

How to use.—Mash the potatoes, and make into a paste with the other things, roll out about $1\frac{1}{2}$ inch thick, grease the bottom of a dish, fit the paste in and bake it. This cake costs a mere trifle and is excellent either alone or with soups or stews.

12.—SOUP MAIGRE.

Required.—Vegetables of any sort, butter, dripping or lard, three eggs, water, salt and pepper.

How to use.—Boil the vegetables till tender, pulp them through a sieve, add the water and stir in the butter, while boiling stir in the eggs, beaten to a froth. Plain boiled rice goes well with this soup.

13.—CROWDIE—A SCOTCH BROTH.

Required.—The liquor in which a leg of mutton or piece of beef has been boiled, $\frac{1}{2}$ pint of oatmeal, salt and pepper.

How to use.—Make the oatmeal into a paste with

a little of the liquor over the fire ; stir it well into the remainder, and serve hot, with bread, potatoes or boiled rice.

14.—OATMEAL PORRIDGE.

Required.—Oatmeal, water, milk, salt and molasses.

How to use.—Boil some water with a little salt in it, sprinkle oatmeal in slowly, stirring gently for 15 or 20 minutes until it is thick enough. Pour it at once on to the plates from which it is to be eaten, and serve with cold milk or a little molasses.

15.—RICE STEW.

Required.—Some beef or mutton bones, a few pieces of smoked bacon, 2 lb. rice, 6 onions and a few herbs, pepper, salt and 3 or 4 quarts of water.

How to use.—Break the bones and cut up the bacon small, put both into the water and simmer for two hours, skimming now and then, add the other things and bring to a boil, after which let it simmer for half an hour.

16.—BARLEY SOUP.

Required.—2 lb. shin of beef, $\frac{1}{4}$ lb. pearl barley, parsley, 6 onions, 6 potatoes, salt and pepper, 4 quarts of water.

How to use.—Put into a soup kettle and simmer gently for four hours.

17.—DORMERS.

Required.—1 lb. scraps of cold mutton, 4 oz. beef suet, pepper and salt, $\frac{1}{2}$ lb. boiled rice, one egg, bread crumbs, gravy or soup of any kind.

How to use.—Chop the meat, suet and rice fine, and mix with pepper and salt ; roll like sausages in egg and breadcrumbs, and fry in dripping till brown. Serve in a dish with mashed potatoes round them, and pour on some hot gravy.

18.—PEASE PUDDING.

Required.—1 pint peas, 1 egg, 1 oz. butter or dripping.

How to use.—Soak the peas for a day ; tie them loosely in a cloth and boil gently for two hours, when soft, drain and mash them, adding the egg and butter with a little pepper and salt, replace in the cloth and boil gently for half an hour.

19.—MUTTON BROTH.

Required.—2 lbs. mutton, 2 tablespoonfuls of groats, 2 or 3 onions, 3 or 4 turnips, oatmeal, 3 quarts of cold water, pepper and salt.

How to use.—Put the meat, groats and seasoning into a stew-pan and simmer, skimming often. After one hour put in vegetables, and simmer for another hour, thicken with oatmeal and eat with plenty of bread.

20.—BARLEY BROTH.

Required.—2 lbs. neck of mutton, half a teacup of Scotch barley, four or five turnips and six or eight onions, pepper and salt, three quarts of cold water.

How to use.—Put the meat and barley into the water in a sauce-pan. Simmer gently for one hour and add the vegetables cut up small. Simmer for another hour, skimming now and then.

21.—SHEEP'S HEAD BROTH.

Required.—A sheep's head, a cupful of pearl barley, 3 or 4 carrots. 3 or 4 onions, some parsley, 6 quarts water, pepper and salt.

How to use.—Clean the head carefully and put it to simmer with the barley, skim it, and in an hour's time add the vegetables, cut up, and seasoning. Simmer an hour and serve. The broth can be used alone and the meat eaten as a separate dish with potatoes, &c. Boiled rice can be added to the broth with advantage.

22.—BEEF SOUP.

Required.—2 or 3 lbs. of shin of beef, 2 carrots, 2 turnips, a root of celery, a few cloves, a little thyme, and parsley, pepper and salt, 3 quarts of cold water.

How to use.—Make several cuts in the beef and chop the bone ; put into the soup kettle with the water and let simmer for one hour, then add the vege-

tables and season to taste. Simmer for two hours. Some think it an improvement to fry the meat and vegetables slightly before putting them in the kettle.

22.—A-LA-MODE BEEF.

Required.—2 lbs. leg of beef, dripping, flour, 6 onions, 3 carrots, 3 pints water, pepper, salt, and some chopped herbs.

How to use.—Cut the beef small, flour the pieces well, put them with some dripping into a stew-pan over the fire until they are of a light brown color, stirring all the time ; cut the onions and carrots into small pieces and add them with the water and seasoning to the stew pan ; cover the pan close down and let it stew gently for two or three hours. Serve with boiled potatoes and other vegetables.

23.—ECONOMICAL STOCK.

Required.—The liquor in which a joint of meat has been boiled, say 4 quarts ; trimmings of fresh meat or poultry, shank bones, &c., roast beef bones, any pieces of meat.

How to use.—Let all simmer gently for five hours. Skim carefully ; strain the stock off and put it by for use.

24.—OX-CHEEK SOUP.

Required.—An ox-cheek, 2 oz. butter, 3 or 4 slices of lean ham or bacon, 1 parsnip, 3 carrots, 2 onions,

3 heads celery, 2 blades mace. 4 cloves, some savory herbs, 5 quarts of water, pepper and salt.

How to use.—Lay the ham in the bottom of the stew-pan with the butter; break the bones of the cheek, wash it clean, and put it on the ham. Cut up the vegetables, add them to the other ingredients and set the whole over a slow fire for a quarter of an hour. Now put in the water and simmer gently till it is reduced to four quarts. Take out the fleshy part of the cheek and strain the soup into a clean stew-pan, thicken with flour and simmer. Cut the meat into small square pieces and pour the soup over it in the tureen.

25.—OX-TAIL SOUP.

Required.—2 Ox-tails. 2 slices of ham, 1 oz. butter, 3 carrots, 2 turnips, 3 onions, 1 head celery, 1 bunch savory herbs, 4 cloves, 3 small lumps of sugar, 2 table-spoonfuls of mushroom ketchup, $\frac{1}{4}$ pint beer, 3 quarts of water.

How to use.—Cut up the tails, separating them at the joints, wash well and put into stew-pan with the butter. Put in half a pint of water and stir them over a sharp fire until the juices are drawn. Pour in the rest of the water and when boiling add salt to taste; skim well; cut the vegetables in slices and add with the herbs. Simmer for four hours or until the meat is tender. Take out the tails, skim and strain the soup,

thicken with flour and flavor with the ketchup and beer. Put back the tails, simmer for five minutes and serve.

26.—HODGE-PODGE; No. 1.

Required.—2 lbs. shin of beef, 2 quarts water, 2 onions, 2 carrots, 2 turnips, 1 head celery, pepper and salt, thickening of butter and flour.

How to use.—Put the meat and water in a stew-pan, simmer for a few minutes and skim carefully. Add the vegetables and seasoning : stew till the meat is tender ; thicken with the butter and flour, and serve with turnips and carrots or spinach and celery.

27.—HODGE-PODGE, No. 2.

Required.—2 lbs. scraps of different sorts of meat, cooked or not, 4 lettuces, 2 pints of peas, 5 or 6 onions, a piece of dripping or fat, pepper and salt, teacup of water.

How to use.—Cut up the lettuces and onions and put them, with the meat, fat and seasoning, into a stew-pan with the water. Simmer gently for half an hour. Boil the peas separately and mix them with the rest. Serve hot, emptying it into the middle of a good dish of potatoes.

28.—PEA SOUP.

Required.—1 quart of split peas, 2 lbs. shin of beef, trimmings of meat or poultry, a slice of bacon, 2 large

carrots, 2 turnips, 5 large onions, 1 head of celery, seasoning to taste, 2 quarts of soft water, any bones left from roast beef, 2 quarts of common stock, or liquor in which a joint of meat has been boiled.

How to use.—Put the peas to soak overnight in soft water and float off such as rise to the top. Boil them until tender enough to pulp; then add the above ingredients and simmer for two hours, stirring occasionally. Press the whole through a sieve, skim well and serve with toasted bread.

29.—POTATO SOUP.

Required.—4 lbs. mealy potatoes boiled or steamed very dry, pepper and salt, 2 quarts of common stock.

How to use.—Mash the potatoes so that no lumps remain, and gradually add them to the boiling stock. Pass it through a sieve, season and simmer for five minutes, skim well and serve with fried bread.

30.—RICE SOUP.

Required.—4 oz. Patna rice, 1 quart of stock, salt and Cayenne pepper, and pounded mace to taste.

How to use.—Throw the rice into boiling water and let it remain five minutes, then pour it into a sieve and allow it to drain well. Now add it to the stock boiling and stew till quite tender, season to taste and serve quickly.

31.—MACARONI SOUP.

Required.—3 oz. macaroni, a piece of butter the size of a walnut, salt to taste, some clear medium stock.

How to use.—Put the macaroni and butter in boiling water, with a pinch of salt. When it is tender, strain off and cut it into short lengths and drop into the boiling stock. Stew gently for five minutes.

32.—COTTAGER'S SOUP.

Required.—1 lb. of bacon, 5 or 6 carrots, 4 or 5 turnips, 3 or 4 cabbages, 6 leeks, 12 onions, pepper and salt, 6 quarts of water.

How to use.—Put all into a soup-kettle and let them simmer gently by the side of the fire for five or six hours. Serve with plenty of bread or toast.

33.—INVALID SOUP.

Required.—1 lb. lean beef, 1 lb. scrap of mutton, half a calf's foot, 3 oz. vermicelli or macaroni, 2 table-spoonfuls of mushroom ketchup, a little allspice and a sprig or two of sage, three quarts of cold water.

How to use.—Cut up the meat into small pieces, chopping the bones; put all into a sauce-pan with three quarts of water, and very gradually bring to a boil, skimming several times; add the other things and let all simmer till reduced to two-thirds or a half,

then strain. This when cold will be a strong jelly and can be beneficially taken by invalids, either cold or hot.

34.—CHICKEN BROTH.

Required.—Get from the poulter's, necks and heads of chickens (often thrown away) also chickens, feet, some chopped parsley, pepper and salt, cold water.

How to use.—Clean the heads, necks and feet, break the bones and put them into a soup-kettle, allowing one quart of cold water to every head and two feet. Cover down close and let it simmer gently beside a slow fire for five or six hours ; then strain and add the seasoning.

35.—QUICK SOUP.

Required.—2 or 3 lbs. of beef, lean, 2 carrots, 2 turnips, some sweet herbs, pepper and salt, 3 quarts of water.

How to use.—Cut the beef small, put all in a soup-kettle and simmer for an hour and a half. It is an improvement to fry the beef in dripping before putting in the kettle.

36.—RICE SOUP, No. 2.

Required.—2 lbs. rice, a dozen onions, a little fat and one tablespoonful of flour.

How to use.—Soak the rice in cold water two hours, cut up the onions and fry them in the fat till slightly

brown, stirring in the flour. Put all in the soup-kettle and stir in as much water as will make the quantity required. Let it boil till the rice is tender.

37.—BRAZILIAN STEW.

Required.—2 lbs. shin of beef, some vinegar, onions and other vegetables.

How to use.—Cut the beef into pieces about $1\frac{1}{2}$ inches square, steep them in vinegar and put them with the vegetables in a stew-pan without any water. Stew gently for three or four hours, and season. This makes a capital dish.

38.—RABBIT STEW.

Required.—A rabbit, some slices of bacon, 1 lb. rice, 3 or 4 onions, pepper and salt.

How to use.—Cut up the rabbit and put it and the bacon and onions sliced into a stew-pan, add pepper and salt, cover close and let stew for two or three hours. Soak the rice for several hours, then boil it in a small quantity of water for ten minutes and stir it gently into the stew.

39.—MACARONI MUTTON.

Required.—Some slices of mutton, $\frac{1}{4}$ lb. macaroni, sauce of any kind, pepper, salt, and a tablespoonful of vinegar, a little water.

How to use.—Put all together in a stew-pan, keep the lid on and stew gently for an hour and a half.

40.—HARICOT.

Required.—2 lbs. of any kind of meat, pickled pork will do, 12 onions and 20 potatoes.

How to use.—Cut the meat small, the onions into shreds, slice the potatoes; put into a stone jar in layers, onions, potatoes, meat, with pepper and salt. Cover the jar with cloth tied down and a piece of board on top, set it into a sauce-pan of water over the fire and let it stew for about one hour after the water boils. This is capital with Norfolk dumplings.

41.—BEEFSTEAK PIE.

Required.—2 lbs. steak, 2 or 3 onions, potatoes sliced, some flour.

How to use.—Cut the meat in pieces, flour it, put in a pie dish in layers, seasoning each, cover with crust and bake. A little mushroom ketchup or half a cup of gravy may be added with advantage.

42.—SEA PIE OR PUDDING.

Required.—1 lb. each salt beef and pork, potatoes and onions, a thick crust.

How to use.—Line a basin with the crust, put in a layer of onions sliced, then the salt beef cut thin, sliced potatoes, then a layer of pork and more onions;

pepper well, cover with crust, tie up in a cloth that has been well floured and boil for two hours.

43.—BUBBLE AND SQUEAK.

Required.—A few slices of beef, either boiled or roast, potatoes and any other vegetables left over from a previous meal.

How to use.—Cut the meat in small squares, also the vegetables, fry over a rather slow fire with a little dripping, taking care to turn often to prevent burning. Season to taste. Some think a chopped onion an improvement. Serve hot.

44.—BEEF DRIPPING, TO CLARIFY.

Clarified beef dripping serves for frying and basting purposes. To clarify, put the dripping into a basin and pour boiling water over it, stir well to let the impurities wash over. Let it cool when the water and sediment will be at the bottom of the basin. Keep in covered jars.

45.—HASHED MUTTON.

Required.—The remains of a shoulder or leg of mutton, some celery and savory herbs, 2 oz. butter, flour, some allspice and pepper, 1 onion.

How to use.—Cut the meat in slices, trimming off superfluous fat and gristle. Chop the bones and fragments of the joint, put them in a stew-pan with the

herbs, celery, 6 whole peppers and 6 whole allspice, cover with cold water and stew for one hour. Slice and fry the onion in the butter a light brown color, dredge in some flour to thicken and stir this in with the bones, &c. Stew for a quarter of an hour ; strain the gravy and let it cool ; then skim off all the fat and put it with the meat into a stew-pan. Flavor with any sauce and let the meat warm through gradually ; don't let it boil or it will harden.

46.—IRISH STEW.

Required.--2 or 3 lbs. of breast of mutton, 4 lbs. potatoes, 4 large onions, 1 $\frac{1}{2}$ pints of water.

How to use.—Put the meat into a stew-pan with the water and a little salt ; let it stew gently for one hour ; cut the meat into moderate size pieces, skim the fat, pare and slice the potatoes and onions. Put all in a stew-pan in layers : first vegetables, then meat, sprinkling a little pepper and salt on each. Cover close and let it stew gently for rather more than one hour, shaking often to prevent burning.

47.—BULLOCK'S HEART.

Required.—1 heart ; stuffing.

How to use.—Soak the heart for two hours in warm water, wipe it well with a cloth, cut off the lobes and stuff the inside with the following : 1 oz. suet, a teaspoonful of chopped herbs, pepper and salt. Fasten

it in by means of a needle and coarse thread : tie the heart up in white paper and set before a good fire, basting often, as it has very little fat. Remove the paper and serve with gravy, red-currant jelly or melted butter.

48.—HAMS, TO PICKLE.

Required.—To a ham of 10 or 12 lbs., 1 lb. of coarse sugar, $\frac{3}{4}$ lb. salt, 1 oz. Saltpetre, $\frac{1}{2}$ teacup of vinegar.

How to use.—Rub the hams well with salt, and leave for a day or two to drain ; then rub well in the other ingredients and turn the hams every other day. Keep in pickle one month, drain them and smoke over a wood fire for three weeks or a month.

49.—TONGUES, TO CURE.

Required.—For a dozen tongues, 9 lbs. salt, 8 oz. sugar, 9 oz. powdered saltpetre.

How to use.—Rub the above well into the tongues, and keep them in the mixture for two months, turning them every day. Drain from the pickle, cover with brown paper and smoke them for three weeks.

50.—BACON AND POACHED EGGS.

Required.—Bacon and eggs.

How to use.—Cut the bacon into thin rashers and cut off the rind. Put into a cold frying-pan ; turn

two or three times and put into a very hot dish. Poach the eggs and slip them on to the bacon without breaking the yolks. Serve quickly.

51.—BOILED BACON.

Required.—Bacon ; water.

How to use.—Soak the bacon for an hour or two in warm water if it is very salt, then pare off any rusty parts and scrape the rind. Put it into cold water and let it gradually come to a boil ; removing the scum as fast as it rises. Let it simmer gently until it is done thoroughly. Strip off the skin and sprinkle a few bread raspings.

52.—PORK CUTLETS.

Required.—Some cold roast pork, 1 oz. dripping, 2 onions, 1 dessert spoonful of flour, $\frac{1}{2}$ pint of gravy, a teaspoonful of mustard and vinegar.

How to use.—Cut the pork into nice sized cutlets, trim off most of the fat and chop the onions. Put the butter in the stew-pan, lay in the cutlets and chopped onions, and fry a light brown ; then add the remaining ingredients, simmer gently for five or seven minutes and serve.

53.—PIG'S FRY.

Required.—1 $\frac{1}{2}$ of pig's fry, 2 onions, a few sage leaves, 3 lbs. of potatoes, pepper and salt.

How to use.—Put the lean fry at the bottom of a pie-dish, sprinkle over it some minced sage and onion, and a seasoning of pepper and salt ; slice the potatoes, put a layer of these on the seasoning, then the fat fry, then more seasoning and a layer of potatoes at the top. Fill the dish with boiling water, bake for two hours or rather longer.

54.—PORK PUDDING.

Required.—1 lb. of fresh pork, onions, apples and pudding crust.

How to use.—Line a good sized basin with the crust, and nearly fill it with peeled apples sliced ; strew a very few slices of onions on top of the apples, and having cut the pork into dice about half an inch square, fill up the basin with it and some more sliced onions ; press it well down, tie a cloth over the top and boil fast in plenty of water for an hour and a half.

55.—CORNISH PIE.

Required.—1 lb. of pork or any other meat cut up into small squares, apples, three onions, sugar, crust.

How to use.—Put into a large pie-dish the apples peeled, cored and sliced, fill up the dish with the meat and onions sliced ; sprinkle a little sugar over the apples, put on the crust and bake for about three quarters of an hour.

56.—MEAT CAKES.

Required.—Any scraps of cold meat, $\frac{1}{4}$ lb. of cold boil bacon to every pound of meat, chopped herbs, one or two eggs, pepper and salt.

How to use.—Mince the meat fine and mix well, season and make into square cakes with the eggs well beaten ; fry in dripping and serve hot. The cakes may be made larger by adding bread crumbs.

57.—MEAT RAGOUT.

Required.—2 lbs. of any sort of cold meat, 6 onions, pepper and salt, spice, $\frac{1}{2}$ pint of boiling water ; 3 tablespoons of any soup, or 1 of ketchup.

How to use.—Cut the meat into small pieces and stew it well, the onions sliced ; season well then add the water and soup, and stew all for two hours.

58.—SHEEP'S FRY.

Required.—Sheep's fry, parsley, 6 or 8 onions, mashed potatoes, teaspoonful of vinegar, mutton fat.

How to use.—Soak the fry for a few hours in cold water to drain out the blood, parboil it, then cut it up into small pieces and put it into a frying-pan with the mutton fat, vinegar, and the onions cut up very fine, also chopped parsley. When done have ready a large deep dish of mashed potatoes, make a hole in the centre, pour in the minced fry and serve hot.

59.—TOAD-IN-THE-HOLE.

Required.—1½ of steak, 1 sheeps' kidney, pepper and salt. For the batter, three eggs, 1 pint of milk, 4 tablespoonfuls of flour.

How to use.—Cut the steak small and the kidney—quarter ; put into a pie-dish with seasoning ; make a batter by mixing the flour gradually into the milk ; add the eggs well beaten, stir for about five minutes, then pour it over the meat, place it over a tolerably brisk oven and bake for one hour and a half.

60.—SHEEP'S HEAD.

Required.—Sheep's head, 3 carrots, 3 turnips, 2 or 3 parsnips, 4 or 5 onions, parsley, ½ lb. oatmeal.

How to use.—Clean the head, and let it soak in warm water to draw out the blood ; put it in a sauce-pan with cold water to cover it. When it boils, add the vegetables and seasoning, making the oatmeal into a smooth paste before putting it in. Stir well, then close the sauce-pan and stew gently for two hours. Serve with boiled rice and potatoes.

61.—OX-CHEEK.

Required.—Ox-cheek, 3 onions, 3 turnips, 3 carrots, 2 or 3 roots of celery, spice, sweet herbs, a little piece of butter, flour, ketchup.

How to use.—Clean the cheek well and put in a stew-pan with the vegetables, spice, sweet herbs,

pepper and salt, let it simmer three hours, skimming often, take out the cheek ; melt a little butter in a stew-pan, add to it a teacup of the soup thickened with flour, and a tablespoonful of ketchup, let it nearly boil and pour it over the cheek. Serve the cheek divided on a dish and the soup in a tureen.

62.—MEAT RISSOLES.

Required.—Any kind of cold meat ; bread crumbs, chopped herbs, one or more eggs.

How to use.—Mince the meat, and stir well into the bread crumbs with the chopped herbs and the seasoning ; and make all into a thick paste by means of the eggs, which are to be beaten up ; then divide into balls or cones, which are to be fried a light brown color and served with mashed potatoes or boiled rice or broth.

63.—PORK PANCAKES.

Required.—Scraps of cold pork, either fresh or salt, batter of flour, milk and eggs.

How to use.—Cut the pork as thin as possible, make a good batter and dip the slices in it, fry on one side turn it over and pour more batter on it, and fry it a light brown.

64.—LIVER AND BACON.

Required.—Bullock's liver and a few slices of bacon, dripping flour, onions and parsley.

How to use.—Cut the liver into slices, and roll in flour, salt and pepper them, then fry till done, with the bacon, chopped onions and parsley.

65.—BACON OMELETTE.

Required.—12 eggs, about a pound of bacon.

How to use.—Boil the bacon, and when cold, mince it, break the eggs into a basin and mix the bacon with them, pour into a well-greased frying-pan and fry till the eggs are done. With dumplings, bread or potatoes the above will make a good dinner for six.

66.—SCRAP ROLLS.

Required.—Scraps of any kind of meat, cooked, potatoes, flour and milk.

How to use.—Make a crust, cut it into pieces eight inches by four, mince the meat, and spread over each piece, roll them up and bake.

67.—SAUSAGE DUMPLINGS.

Required.—1 lb. pork or beef sausages, potatoes, flour and a little milk.

How to use.—Make a substantial crust of cold mashed potatoes, flour and milk ; roll up each sausage in a piece and bake in a tin dish.

68.—STEWED TRIPE.

Required.—Tripe, a good few onions, sweet herbs, pint or so of milk, flour, spice.

How to use.—Put the tripe (prepared of course) with the onions, peeled, into a stew-pan with some sweet herbs; add the milk and let it simmer gently for an hour or more; rub an ounce of butter into some flour with the spice, pepper and salt and stir it well into the stew. Serve with boiled rice or mashed potatoes.

FISH.

69.—FISH STEW.

Required.—Any sort of fish, oatmeal, cold water, a little thyme and parsley, pepper and salt, and a little sugar.

How to use.—Clean the fish, boil so that you can remove the bones, or most of them, then stew gently for two hours with the herbs and seasoning. Take some of the liquor and mix into the oatmeal—about a quarter of a pound of meal to every pound of fish—stir this well into the stew and let all boil for ten minutes.

70.—FISH MACARONI.

Required.—Any kind of cold fish, free from bones, double the weight of macaroni, some grated cheese, butter or lard.

How to use.—Cut the fish into small pieces and mix with the macaroni, having previously well boiled the latter, season it and put in a flat dish with a few pieces of butter, grate some cheese over it and set before the fire to brown.

71.—FISH PIE.

Required.—Remains of cold fish, without bone, bread crumbs, cold potatoes, chopped herbs.

How to use.—Put a layer of fish at the bottom of a pie dish and sprinkle with pepper and salt and chopped herbs, then a layer of bread crumbs and cold mashed potatoes, another layer of fish and so on until the dish is full—the top layer to be bread crumbs and potatoes; moisten with a little water, put a few bits of butter or dripping on top and set the pie in the oven to bake.

72.—PICKLED FISH.

Required.—Any sort of fish, onions, vinegar, sweet herbs.

How to use.—Put the fish into an earthen baking dish in layers, first fish, then chopped onions and sweet herbs, pepper and salt, then fish again and so on till the dish is full. Cover with vinegar and bake.

PUDDINGS & DUMPLINGS.

73.—BREAD PUDDING.

Required.—Scraps of bread crust or crumbs, milk, 2 or 3 tablespoonfuls of chopped suet, an egg or two, sugar and salt.

How to use.—Break the bread small and put in a deep pie dish, greased; cover with as much boiling milk as will soak it, in which has been stirred the suet, sugar and salt, when nearly cold pour over the top the eggs beaten up; mix all well together, smooth the top, put a few pieces of butter or dripping upon it and bake.

74.—SUET DUMPLINGS, (for Soups and Broths.)

Required— $\frac{1}{2}$ lb. beef or mutton suet, $1\frac{1}{2}$ lb. flour, salt, pepper, and milk or water sufficient to make a paste.

How to use.—Chop the suet fine, add salt and pepper, stir in the flour and milk to make a stiff paste. Make into dumplings the size of a teacup, flour them, tie separately in cloths, put into boiling water and keep fast boiling for $1\frac{1}{2}$ hour. Serve hot. These cost about $\frac{1}{2}$ cent each, and are excellent with any kind of broth or soup.

75.—APPLE RICE.

Required.— $\frac{1}{2}$ lb. rice, 1 quart milk, sugar, grated nutmeg, 8 or 10 apples, 2 oz. butter.

How to use.—Peel the apples, halve and take out cores. Put in a stew-pan with a little sugar and stew till tender. Boil the rice with the milk, sugar and a little nutmeg and when thoroughly done, pour it over the apples : serve hot. This makes a good dinner for eight or nine children and costs but a trifle.

76.—TREACLE PUDDING.

Required.—1 lb. of suet crust, $\frac{1}{4}$ lb. treacle, $\frac{1}{2}$ teaspoonful of grated ginger.

How to use.—Roll the crust to the thickness of half an inch, and spread the treacle over it, leaving a small margin bare ; roll and join the paste well, place in a floured cloth and put into boiling water. Boil for two hours.

77.—PANCAKES.

Required.—Eggs, flour, milk, to every egg allow 1 oz. flour, about a gill of milk, $\frac{1}{8}$ saltspoonful of salt.

How to use.—Be sure the eggs are fresh. Break each separately into a cup, whisk them well in a basin ; add the flour, salt, and a few drops of milk, beat to a smooth batter, then pour in by degrees the rest of the milk. The batter should be like thick cream. See that your frying-pan is delicately clean or the batter will stick. When hot put in a small piece of butter. When it is melted pour in the batter—about half a teacup to a pan five inches across. Fry for about four minutes on a quick fire, or until nicely browned.

78.—BAKED RICE PUDDING.

Required.—A teacupful of rice, two tablespoonfuls of sugar, 1 quart of milk, $\frac{1}{2}$ oz. butter or two small tablespoonfuls of chopped suet.

How to use.—Wash the rice, put it into a pie-dish with the sugar, pour in the milk and stir well. Then add the butter or suet. Bake in a moderate oven from one and a half to two hours.

79.—PLAIN BOILED RICE PUDDING.

Required.— $\frac{1}{2}$ lb. rice.

How to use.—Wash the rice ; tie it in a pudding cloth, allowing room for the rice to swell, and put it in a sauce-pan of cold water ; boil gently for two hours. If the cloth seems too loose, tighten it. Serve with sweet melted butter, or cold butter and sugar, or stewed fruit, jam or preserves.

80.—SHORT CRUST FOR PIES.

Required.—To every pound of flour allow 2 oz. sifted sugar, 3 oz. butter, about $\frac{1}{2}$ pint milk boiling.

How to use.—Crumble the butter into the flour, add the sugar and work into a smooth paste with the boiling milk.

81.—CRUST FOR PIES OR PUDDINGS.

Required.—To every pound of flour allow 6 oz. of butter or beef suet, $\frac{1}{2}$ pint water.

How to use.—With a knife, work the flour and water into a smooth paste if butter is used ; if suet is used free it from skin and chop fine, then rub well into the flour, adding the water and working to a smooth paste ; roll it out and it is ready for use.

82.—DRIPPING CRUST.

Required.—To every pound of flour, 6 oz. of clarified beef dripping, $\frac{1}{2}$ pint water.

How to use.—With a knife, work in the dripping gradually, adding dripping and water each time, after rolling the paste out.

83.—A PLAIN CHRISTMAS PUDDING.

Required.—1 lb. flour, 1 lb. bread crumbs, $\frac{3}{4}$ lb. stoned raisins, same of currants, same of suet, 3 or 4 eggs, 2 oz. candied peel ; 1 teaspoonful powdered allspice, $\frac{1}{2}$ saltspoonful of suet.

How to use.—Chop the suet fine, wash and pick the fruit carefully, mix with the other dry ingredients, beat and strain the eggs, stirring in with sufficient milk to mix properly. Tie up in a well-floured cloth and place in boiling water. Boil at least five hours. Place a sprig of holly in the middle and sprinkle sugar over. Serve hot.

84.—PLAIN BAKED PLUM PUDDING.

Required.—1 lb. flour, $\frac{3}{4}$ lb. raisins stoned, $\frac{1}{2}$ lb. suet, pinch of salt, 1 oz. sugar, milk.

How to use.—Chop the suet fine, cut the raisins in halves, add the salt and sugar, and moisten the whole with milk enough to make a thick batter. Bake in a buttered dish for $1\frac{1}{2}$ hour. When done, strew a little sugar over it.

85.—TO MAKE A PECK OF GOOD BREAD.

Required.—A peck of flour, 3 lbs. potatoes, $\frac{1}{2}$ pint yeast, 2 oz. salt, 6 pints cold water.

How to use.—Peel and boil the potatoes, while warm, beat them to a cream, add 1 pint of water and strain through a colander, add the yeast which should have been put in water the night before to take off its bitterness. Stir all well together with a wooden spoon and pour into the centre of the flour, mix to the consistency of cream, cover it closely and let it stand by a fire for an hour; then add the five pints of water, milk-warm, with the salt and mix into a nice light dough. Let it remain about two hours, then make into seven loaves and bake for about $1\frac{1}{2}$ hours. This should make about 20 lbs. of good bread.

86.—TO MAKE YEAST.

An excellent substitute for brewers' yeast may be made by boiling for one hour, 1 lb. flour, $\frac{1}{4}$ brown sugar, a little salt and two gallons of water. When milk warm, place in a stone bottle and cork it down. It is ready after standing a day. About a pint of this will be enough for four or five quarter-loaves.

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